



HR0024

LRB098 07435 GRL 37503 r

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HOUSE RESOLUTION

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WHEREAS, The Center for Disease Control and Prevention has reported that childhood obesity has practically become an epidemic in developed nations, with rates tripling over the last 30 years; and

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WHEREAS, In the United States of America, approximately 20% of children between the ages of 6 and 11 are considered obese; and

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WHEREAS, Poor diet and exercise are the two main causes of childhood obesity, as children who eat too many calories and get very little exercise are much more likely to become obese than those who eat a healthy diet and remain active; and

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WHEREAS, Poor diet and exercise can lead to heart problems, emotional distress, diabetes, and sleep disturbances, which all have terrible consequences for everyday life during childhood and into adulthood; and

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WHEREAS, Limiting junk food, increasing activity levels to around 60 minutes a day, and teaching children about the benefits of healthy habits can all lay the foundation for a healthier lifestyle for each child; and

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1           WHEREAS, The economic costs of childhood obesity can become  
2           drastic; the direct costs of medical visits, diagnostic  
3           studies, and therapeutic services can be very expensive, while  
4           indirect costs can include a decrease in productivity,  
5           absenteeism, and premature death; in 2008, estimates for direct  
6           and indirect costs related to childhood obesity reached up to  
7           \$147 billion; and

8           WHEREAS, Miss Illinois and Miss Quincy 2011, Megan Ervin,  
9           and Miss Quincy Outstanding Teen 2012, Mackenzie Mahsman, have  
10          visited some of Illinois' schools to promote physical fitness  
11          in school as a way to enhance overall physical fitness, curb  
12          childhood obesity, and develop healthier, active, more  
13          confident children; therefore, be it

14          RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE  
15          NINETY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
16          we urge school teachers and administrators throughout the State  
17          of Illinois to promote 60 minutes of daily physical activity  
18          for Illinois' schoolchildren so they will enjoy healthier,  
19          active lifestyles and urge parents and their children to  
20          embrace better nutritional education to further build  
21          healthier lifestyles; and be it further

22          RESOLVED, That suitable copies of this resolution be  
23          presented to Megan Ervin and Mackenzie Mahsman as an expression

1 of our gratitude and respect.